
*** DR. WILEY PLEADS FOR EFFICIENCY AND *1**
*** PALATABILITY IN DIET *12**

* The Cheapest Diet Consists of Cereals, But Man's Such an *7
 * Omniverous Animal He Wants a Taste of Everything Good. *

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 ica's Greatest Food Expert.

There are two points in regard to the diet in health which should always be kept in view whether one be rich or poor. One is efficiency of nutrition and the other palatability. These are two things which are most important from the mere point of nutrition. A food should be of a character to nourish the body and at the same time do it efficiently. Efficiency also indicates economy.

Terrapin is probably as nutritious as turkey, but it would be poor economy, resulting in poor efficiency to recommend the general use of terrapin.

As has already been indicated, the greatest economy in food is found in that diet which consists chiefly of cereals, but man, being by nature an omniverous animal, at least this is the opinion of the great majority of investigators, cannot have his dietic activities confined to one class of substance, as this would not be in harmony with the principles of general nutrition.

Wheat for instance is an efficient and economic diet and to a certain extent palatable, but if one were fed wheat alone, although he would not need any additional nutritive elements, he

certainly would get tired of his diet.

On the other hand it is well known that certain kinds of game, such as quail, cannot be eaten a great many days in succession without producing an ap-



Dr. Wiley in the mortar and gown he wore when the University of Vermont conferred upon him the degree of doctor of laws. parent distaste therefor. Hence palatability is of as great importance as economy and efficiency of nutrition.

I have pointed out in a previous article how impossible it is to give a general rule for dieting in case of disturbance of health. It